

As a practicing general pediatrician in the area, the Essex HUB Collaborative Behavioral Health Care Project has been a great resource for my patients and their families. As a general pediatrician, I see many children, teenagers, and young adults that need a comprehensive mental health treatment plan. Although we feel comfortable screening and treating these patients, there are many cases in which the patients may need a more in depth psychiatric evaluation as well as help acquiring a cognitive therapy provider. The latter has generally been the most difficult due to a multitude of barriers, insurance coverage and cost being the most common ones. This can delay the patient or family from getting the help they need so desperately.

The Essex HUB Collaborative Behavioral Health Care Project has made this process much easier. Their team of psychiatrists, mental health clinicians, and social workers work together communicating with the families as well as us, primary care providers, in a timely manner. All I need to do is fax a completed screening tool and signed parent consent and within 24-48 hours, I have received a call from the center to discuss the patient's history and clarify what their needs are. They then contact the family to schedule an appointment and then I receive a follow-up call from them as well as a faxed consult note discussing the plan of treatment.

Mental health management in the current healthcare environment can be challenging in the outpatient setting and I'm always thankful to have as many resources available for our patients and families. So far this has been an extremely helpful one.

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